

THE 2010 METRO
PHOTO CHALLENGE
HAVE YOU GOT WHAT
IT TAKES? {page 4}



PRIMAL
JOHNNY AND
THE BOYS BRING
IT YET AGAIN (page 13)

metricontrawa etres

Tuesday, October 12, 2010 www.metronews.ca



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A Mission of companionship

Ottawa Mission serves 2,660 meals 'in the busiest Thanksgiving we've ever had,' says director Diane Morrison says event is about being treated with dignity



Trevor H. moved to Ottawa from Niagara Falls about a year ago looking for a change, but he didn't bargain on this.

What started out as a desire to have fun developed into an addiction to drugs and alcohol.

"After a while, it turned into a habit," said Trevor, who didn't want his last

name used. "By the end of the summer, it turned into a need.

"I didn't want to live like that. Being dependent on a chemical was the worst feeling that I ever had in my life. It brought me to a very low place."

He ended up at the Ottawa Mission two weeks ago, where he is currently living.

"The staff have helped me in ways I didn't even know I could be helped," he said.

This year, Trevor is thankful for "supportive family and friends."

"If I didn't have them, the drugs would have taken me down," he said.

TRACEY TONG

Loca

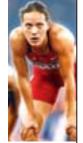
Candidate files complaint

JACKASS

● Jane Scharf, only woman running for mayor, files human rights complaint ● Was removed from debate by police last week {page 3}

Running the right way

Getting the most out of your training through nutrition {page 18}



Science for the masses

Science Café on every week {page 23}

The battle of the capitals

Sens pay visit to Ovechkin and Co. in D.C. {page 24}





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Attempted murder suspect arrested

Ottawa police have arrested an attempted murder suspect after a woman was treated for several stab wounds in a domestic incident on Pine Bluff Trail in Stittsville over the weekend. The investigation continues and charges are pending against Steven McAndrew, 37, of Pembroke. O JOE LOFARO

Suspect sought at Carleton U

Police seek an Asian male after a man pulled a knife after being seen with a laptop that had been left unattended at Carleton University yesterday. At 10:40 a.m., a teen was studying in one of the studios of the university when he surprised a man who had allegedly taken a laptop that had been left unattended.

TRACEY TONG

Cops probe shooting

A 19-year-old male was taken to hospital for a non-life-threatening wound to the neck and chin following a shooting at Walkley and Albion roads early Saturday morning. The victim is in stable condition.

o joe lofaro

Gunshots investigated

Ottawa police are investigating reports of gunshots fired near Siren Private and Kimito Private at 3:50 a.m. on Saturday. No one was injured but damage was caused. O JOE LOFARO



Scharf files complaint

Only woman running for mayor says she's being marginalized



STEVE COLLINS OTTAWA@MI METRONEWS.CA

Mayoral candidate Jane Scharf has filed a human rights complaint after her ejection from a candidates' debate on social issues last Thursday.

Scharf, who had not been invited to participate in the debate at the Bronson Centre, refused to leave the stage and was removed by police.

She said yesterday she's being excluded from debates and ignored by media because of her gender.

"I think it's a threat to the male contenders ... because 50 per cent of the population is female, so they work very hard to not let the public realize that there is a woman running," she said.

Named in her com-plaint to the Human Rights Tribunal of Ontario are the CBC, the Ottawa

Citizen and Ottawa Sun, event organizers Dave Robbins and the Alliance to End Homelessness, and fellow mayoral candidate Charlie Taylor, who had suggested Scharf's per-formance was aimed at getting publicity.

"The Human Rights Tribunal is there for legitimate grievances about sexual discrimination," Taylor said yesterday of the issue. "And this just sort of trivializes it."

Background

Veteran social activist Jane Scharf is no stranger to electoral politics:

- > 2000 As Canadian Action Party candidate for the federal riding of Leeds-Grenville, received 181 votes.
- 2006 In her first campaign for mayor of Ottawa, received 1,467 votes.





News on the move

- Download the free ScanLife application with your smartphone at 2dscan.com
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On the web at metronews.ca

Easy tips for avoiding dreaded 'Delhi belly' when eating in India. Video at metronews.ca/





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- 1) Hit the polls on October 25th, 2010
- 2) Vote to Change Your Councillor

Take back control of your city. On October 25, 2010, vote to www.ChangeYourCouncillor.com



Woman acquitted in Oprah school scandal

• State has no plans to appeal the judgment Winfrey has promised an overhaul of the girls' school

A woman accused of abusing teenagers at Oprah Winfrey's school for girls in South Africa was acquitted of the charges yesterday, and Winfrey said she was "profoundly disappointed" by the trial's outcome.

Prosecutors had accused former school matron Tiny Virginia Makopo of trying to kiss and fondle girls at the school soon after it opened in 2007 outside Johannesburg. Makopo also had been accused of assaulting one of the teens as well as a fellow supervisor.

Mthunzi Mhaga, a spokesman for South Africa's National Prosecuting Authority, said yesterday that Makopo had been acquitted of the charges.

The magistrate indicated that the state did not prove its case beyond reasonable doubt on all the charges," Mhaga said.
THE ASSOCIATED PRESS

Oprah's school

The lavish \$40-million US **Oprah Winfrey Leadership** Academy for Girls, which opened in January 2007. aims to give girls from deprived backgrounds a quality education in a country overcoming apartheid.

- Campus The school is spread across a 22-acre campus, with computer and science labs, a library and wellness centre.
- **Environment** Winfrey said the school's staff is committed to providing a nurturing educational environment.

"I will forever be 9 proud of the nine girls who testified with the courage and conviction to be heard," said Winfrey.



Enter the world's largest photo contest

2009 WINNER: HAZEL COONAGE



Irish reader, and one of the Metro ■ Photo Challenge winners from last year, chose to go to New York as her winner's trip, and raves that the prize was "just



"(Metro Photo Challenge) has definitely helped my career. It was a huge honour and surprise," Coonagh says. In Dublin, she focuses on photographing "mostly people."

"I always have my camera with me when I ride my bike through Dublin.

Interested?

The Metro Photo Challenge is open to both amateur and professional photographers.

To register, visit: metrophotochallenge.ca

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SECOND CUP

Belly laughs good for heart

▶ Laughter therapy may be just the right medicine, as hospitals warm up to idea ▶ Businesses catch on

What if you could laugh your problems away? It's no joke: Proponents

It's no joke: Proponents of laughter therapy believe a daily dose of hearty giggles and belly laughs can help one relax, feel better and reduce stress levels.

Although the idea has been around since the 1970s, laughter therapy has gained more steam in recent years.

Now, seminars are increasingly common in hospital and workplace settings and, in a sign of its mainstream appeal, laughter therapy has been featured on The Oprah Winfrey Show.

In Canada, the business of laughter is booming. Every province has certified laughter leaders.

And the therapy is being used everywhere: With cancer patients; in the workplace to try to foster a stress-free environment; and even in the treatment of alcohol and drug addiction.

Laughter has been shown to increase endorphins, improve relaxation through the lowering of blood pressure, reduce stress and increase muscle function.

Part of the appeal of



laughter therapy is that it's easy and can be done anywhere.

"It's ours and it's with us every second of every day," said Cheryl Oberg, a Calgary-based laughter specialist. "We can share it with others, we can use it in relationship building, it's the No. 1 universal language around the world—everyone speaks the language of laughter."

Any stress and anxiety present is gone, and the positive energy is flowing.

In Montreal, a laughter therapy class ends with a few minutes of silence and the yoga component of the therapy — a focus on breathing.

THE CANADIAN PRESS

Get your laughs

Montreal is ahead of the curve with its weekly therapy session.

- About 20 people gather at a Montreal dance studio.
- There are no jokes being traded or comedies playing on a television screen.
- ▶ Instead the participants are forcing themselves to laugh for no apparent reason, employing a rule that's a central tenet to laughter therapy fake it till you make it because a little group giggling does the trick. What follows is an hour of laughter exercises "ho, ho, ha ha ha."

News in brief

Family had no life jackets

SOOKE, B.C. A seven-yearold girl and her parents are recovering from a boating incident after quick action from people who heard their screams.

The family's 12-foot inflatable lost power in the Sooke Basin, near Vancouver Island's southern tip, and drifted into open water without any adult life jackets, paddles or communication devices.

A family at home heard their calls for help around 9:30 p.m. Sunday, and called 9-1-1. All were sent to hospital with mild hypothermia.

The wife also had a separated shoulder, an injury from trying to haul her husband back onboard after a failed attempt to swim the boat to shore.

THE CANADIAN PRESS

Court sees FASD legacy

VANCOUVER. Many people who were brain damaged in the womb when their mothers drank alcohol are ending up in the justice system, and lawyers and judges say their disability requires a change in

the system.
The Canadian Bar Association passed a resolution that suggests those affected with the disorder should not be sent into the prison system. When they are convicted of a crime, the resolution says their "disability" should be recognized and their sentence should "accommodate" that disability.

THE CANADIAN PRESS

End is near for Canadaville

LOUISIANNA. Canadaville, the 280-person bustling village that Canadian industrialist Frank Stronach created in a field near Simmesport, La. for hurricane Katrina survivors, will wind down by the end of December after five years.

Allen Wyman, who worked as a cook before Katrina, said he gained a lot of other skills in operating a farm business in Canadaville and growing crops ranging from sweet corn to cucumbers and watermelons.

METRO



Rescue nears for 33 trapped men

If all goes well, everything will be in place late today to begin pulling out the 33 Chilean miners who have braved two months underground, officials said. They are expected to come up one by one in green overalls bearing their names on their chests — first the fittest, then the weakest — in a rescue steel cage. Officials have drawn up a secret list of which miners should come out first.

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Microsoft steps up its game on smart phones

Ocompany's new handsets to go up against iPhones Last new phone software package had dismal sales

After years of declining sales of phones based on Microsoft's Windows Mobile software, the company is starting with a fresh slate - a completely new operating system for phones.

The new handsets will go up against Apple Inc.'s highly popular iPhone and the expanding number of phones running on Google Inc.'s Android operating system.

The first phone with Windows Phone 7 Series will be the Samsung Focus, which hits AT&T Inc. stores Nov. 8 for \$200 US with a two-year contract requirement, Microsoft said yesterday. It will be closely followed by two more phones for AT&T, made by LG Electronics Inc. and HTC Corp., and one for T-Mobile USA, also made by HTC.
In May, Microsoft

In May, Microsoft launched another new phone software package, Kin, only to yank it about two months later in the face of dismal sales. Win-



dows Phone 7 Series is a different beast, and Microsoft is putting its full weight behind it.

In all, Microsoft announced nine phones for the U.S. market yesterday, including one from Dell Inc., and it has lined up 60 carriers in 30 countries to carry Windows Phone 7.

A spokesperson for Microsoft Canada has said a number of Windows Phone 7 devices will be available through Canada's big three

In the most recent 5 In the most reco soft's older system, Windows Mobile, accounted for just five per cent of the worldwide smart phone market.

wireless carriers on Nov. 8. Telus will be selling the LG Optimus 7, which has a 3.8-inch touch screen, wireless media sharing through its Digital Living Network Alliance features, augmented reality and speech-totext functions. The carrier will also have the HTC 7 Surround, which features Yamaha speakers.

Bell will have the LG Optimus Quantum, which is similar to the Telus phone but has a horizontal QWER-TY keyboard.

Rogers will have the Samsung Focus, with a four-inch AMOLED touch screen.

Canadian pricing has not been announced.

the weekend.



Arnie eyes 'gold mine' in Russia

Arnold Schwarzenegger praised Russia yesterday as a "gold mine" for foreign investors, during a trade mission intended to help expansion of Silicon Valley companies. He is leading a delegation of Silicon Valley business leaders and venture capitalists on a trip intended to help connect them with Russian counterparts.

Google drives into the future

Google Inc. is road-testing cars that steer, stop and start without a human driv-

er, the company says. The goal is to "help prevent traffic accidents, free up people's time and recarbon emissions" through ride sharing and "the new 'highway trains of tomorrow," project leader Sebastian Thrun wrote on Google's corporate blog on

The cars are never unmanned, Thrun wrote. He said a backup driver is always behind the wheel to monitor the software.

It's not the first signal that Google wants to change how people get from place to place. In a speech Sept. 29 at the TechCrunch Disrupt conference, Google CEO Eric Schmidt said "your car should drive itself. It just makes sense."

The cars have travelled a total of 140,000 miles on major California

without much human intervention, according to Google's corporate blog.

The Mountain Calif.-based technology giant has sent seven test cars a total of 1,000 miles without a human touching the controls at all, the New York Times reported.

THE ASSOCIATED PRESS



Scores of readers have embraced devices like Kindles and iPads, but their newfound popularity has also brought about concerns that ebooks are having a "Napster moment."

Google searches for illegal downloads are up 50 per cent in the last year. Publishers hope to appeal to readers to make the right choice, said Jim Pitkow of Attributor, a company that attempts to track and fight copyright infringement.

"I think there's a hope that we can do things different than the other industries have done before," he said, with a particular nod to the music industry,

which has endured painful struggle ever since the MP3 format took hold.

"What we'd like to try ... is to see if people care about the (ebook) choices they make, similar to how they care about fair trade and where they buy their coffee, and how their clothes were produced." THE CANADIAN PRESS

Rio readers now get a taste of Metro

Metro has expanded its global presence again. Metro Rio de Janeiro launched Sept.30.

Metro is the world's largest global newspaper with a unique reach of more than 17 million daily readers. It's published in 15 languages across 19 countries, and distributed in more than 100 major cities throughout North and South America, Europe and Asia





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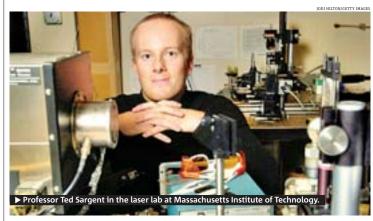
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Prof wins award

Sargent's company, InVisage, is sampling sensors to cellphone makers Availability expected in late 2011

Professor Ted Sargent's nanotechnologybased QuantumFilm image sensor chip, which may soon help you take better pictures with your cellphone camera, has won the Wall Street Journal's top award for technological innovation in the area of semiconductors.
"What Quant

QuantumFilm

does is it brings all the benefits of old-fashioned film and integrates them on to a chip," says Sargent, who at 37 holds the Canada Research Chair in Nanotechnology at MIT.

By adding a layer of tiny ʻquantum dot" semiconductors to an image sensor similar to the ones cur-rently used in cellphone

cameras, the Quantum-Film sensor is designed to capture more than 90 per cent of available light to create a digital image, instead of the approximately 25 per cent captured by standard silicon-based sensors. The quantum dots are mere millionths of a millimetre wide

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DECIPHERING THE FIFTH DATE VANISHING ACT



Have you ever gone out with a guy on a few great dates and then - POOF all of a sudden he's gone without so much as an "I'm really busy right now" voice mail?

f course you have (OK maybe you haven't) because it seems as though these disappearing daters are becoming a problem so rampant they

might as well be bedbugs. In the past few months I've watched a number of my single girlfriends repeat the same disastrous dating pattern. They meet a guy, date him for a month and then never hear from him again. What the hell fellas? Are men just cowards when it comes to

confrontation or are you getting lost in some sort of fifth date vortex that I'm unaware of?

In a recent conversation with a womanizing friend of mine,

we'll call him Richard (10 points if you can guess the subtext of his alias), I posed the question, why do guys vanish?

He offered a number of reasons why someone who seems interested

might suddenly drop off the face of the Earth. Maybe he's a commitment phobe or there was an ex-girlfriend who wasn't really that "ex" after all. Or perhaps, as Richard so delicately put it, something better (i.e., someone hotter) came along.

Charming.

But the question isn't why your guy lost interest, but why he wouldn't bother to tell you. Richard rationalizes, and I'm being generous with the word "ra-

tional" here, that ignoring you is actually the more compassionate approach. "If there's no confrontation, how can she get hurt?"

He admits the theory is flawed; basically, men just

don't want to see women cry.

Newsflash gentleman, we're not as fragile as you might think. We'll get over you (you were probably a jerk anyway). If it's not meant to be we understand. but at least have the decency to

And while he's reassessing his

single status we're left dreaming up elaborate excuses to explain where Mister MIA might be. "I'm sure he hasn't called because he's really busy at work/lost his phone/got hit by a bus" etc. Soon enough it becomes heartbreakingly obvious that he's decided to dump you without getting his hands dirty.

Let's face it, ultimately we'll never really understand where these hunky Houdinis go and why on Earth there isn't any cellphone reception there. It's best to just forget about him. If you have been a victim of the fifth date vanishing act don't let it discourage you. After all, the show must go on.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

Fly me to the moon

"He admits

the theory is

flawed; basically,

men just don't

want to see

women cry."



Worth

mentioning

Virgin Galactic's space tourism rocket SpaceShipTwo achieved its first solo glide flight Sunday, marking another step in the company's eventual plans to fly pay-

ing passengers.
SpaceShipTwo was carried aloft by its mothership to an altitude of 45,000 feet and released over the Mojave Desert. After the separation, SpaceShipTwo, manned by two pilots, flew freely for 11 minutes before landing at an airport run-way followed by the moth-

The entire test flight lasted about 25 minutes.





The six-passenger SpaceShipTwo is undergoing rigorous testing before it can carry tourists to space. In the latest test, SpaceShipTwo did not fire its rocket engine to climb to space. Until now, SpaceShip-

Two has flown attached to the wing of its special jetpowered mothership dubbed WhiteKnightTwo.

Sunday was the first time the spaceship flew on its

The news was hailed by space tourism advocates.

Tickets to ride aboard SpaceShipTwo cost \$200,000. Some 370 customers have plunked down deposits totalling \$50 million, according to Virgin Galactic.

THE ASSOCIATED PRESS

What did you want to be when you were a child? **Email** ottawaletters @metronews.ca **Twitter** @metroottawa

Metro has the right to edit letters and submissions.

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Metro Minute with Louis Helbig

Ottawa-based artist and aerial photographer Louis Helbig will discuss his latest work, entitled Beautiful Destruction: Alberta Tar Sands Aerial Photographs at the RA Photo Club at 7:30 p.m. today.

Originally photographed in August 2008, images from this project are now being exhibited and published internationally, as well as being sold as limited edition prints. More than 10,000 people saw the exhibit when it ran at the Ottawa City Hall Public Gallery this sum-

Helbig will discuss different aspects of Beautiful Destruction, ranging from the creative to the politi-



More pain in the funny bone

- Jackass 3-D takes bathroom humour to a whole new level
- Aging stooges have no plans to retire





For anyone who enjoys the simple pleasure of watching a grown man get kicked in the groin and covered in fecal matter until he vomits, there is no movie more highly anticipated than Jackass 3-D.

This celebration of stupidity has been a pop cul-ture institution for a decade, spanning a suc-cessful TV series and three movies.

"If you had told us 10 years ago we would make a 3-D movie, we'd probably laugh in your face," Jackass creator/director Tremaine said.

Critics who despise the group's love of bathroom humour and pain may never understand it, but there is an innocent joy to their slapstick antics that isn't far removed from The Three Stooges.

"It's a really primal type of funny," claimed Johnny Knoxville, who has become a star through the se-

"On this movie, I got a whiplash. concussion, stitches, and a dislocated

Stunts

Knoxville And Tremaine on turning down Jackass

JK: "We're all willing to do the stunts. The only time that we won't do a stunt is if the spirit isn't right. Everyone has to feel like, 'Ok, this is going to suck, but we're going to do it.' But if there's a negative vibe going around the set. we'll say 'ok, let's not do that stunt right now

- IT: And that's extremely rare. When we get the guvs together, it's usually
- JK: "Wrangling the guys is tough. Pontius has his own personal wrangler. We were shooting the 3-D test ... and right in the middle of the scene Pontius just walked out. We were like, 'Where are you going?' He just said, 'I'm going to buy some chewing tobacco.' So we have someone with him all the

Classic of Jackass

For 10 years no one has mastered comedic masochism quite as well as the lovable morons of Jackass. With the upcoming Jackass 3D promising to send selfinflicted pain and poo jokes into a new dimension, we thought we'd take a look back at some of the best (or worst) moments in the history of the franchise.

The stunt that started it all. Then freelance writer Johnny Knoxville decided to test mace, a taser, and a stun gun on himself to determine the effectiveness of the selfdefense devices.

The Self-Defense Test

Unsurprisingly the final verdict was that they all work, but the tape was shockingly hilarious, caught Larry Flynt's attention, and spawned a franchise.

The Cup Test Being John Malkovich di-rector Spike Jonze is an unexpected Jackass collaborator and one of his greatest contributions was the idea for this TV sketch in which Johnny Knoxville donned a sports cup and tested its durability against the likes of paintballs and a sledgehammer. It hurt and we all laughed.

The Fart Mask

What happens when you trap a fart and the charmingly insane Steve-O inside a diver's helmet? Comedy genius. What exactly happens during this minute-long clip defies explanation and needs to be seen to be believed. Simultaneously one of the funniest and most disgusting things you'll ever see. A statement that sums up the appeal of Jackass in a nutshell. @ PHIL BROWN



HBO



HBO says Al Pacino is set to star as legendary record producer Phil Spector in a TV film to be written and directed by David Mamet.

The film will tell the story of Spector, who long ago recorded such acts as the Beatles, Cher and the Ramones. Now, at age 70, he's serving a prison sentence of 19 years to life for murder. He was convicted for the 2003 shooting death of actress Lana Clarkson.



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Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

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Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!

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Paralegal

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is accredited by The Law Society of Upper Canada.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is accredited by CCAPP,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



ATS STILL AVAILABLE!!

Accounting and Payroll Administrator

Program Objective

The objective of this program is to train you in the practices of financial accounting and payroll in Canada. This program focuses on three key elements ensuring you gain an understanding of the theoretical principles of accounting and payroll, the practical "hands on" skills required to do the job and the communication skills needed to work in an office environment. As a graduate, you will have the necessary skills to maintain a complete set of books, both manually and with computerized systems, understand and perform basic payroll functions and work confidently in an accounting department.

Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Bookkeeper, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records.

Accounting and Payroll subject matter includes:

Technical Skills

- Bookkeeping & Financial Accounting-Levels 1 & 2
- Intermediate Accounting
- Computerized Accounting, Simply-Levels 1 & 2
- Computerized Accounting, AccPac-Levels 1 & 2
- QuickBooks
- Introduction to Payroll
- Human Resources
- Introduction to Business
- Effective Business Writing



Fitness and Health Promotion

Program Objective

The objective of this program is to provide the theoretical knowledge and the practical skills required to plan, market, and deliver safe and effective fitness and health services to individuals and groups in diverse settings.

Career Opportunities

Starting your own personal training business is an option! Corporations and hotels that offer leisure and wellness programs are other options.

Opportunities also abound in:

- Fitness and Health Clubs
- Retail Fitness and Sports Stores
- Municipal Recreation Centres
- Health Promotion Agencies
- Hospitals and Rehabilitation Clinics

Fitness and Health Promotion subject matter includes:

- Anatomy and Physiology
- Exercise Physiology
- Nutrition and Wellness
- Community and Civic Life
- Leisure Program Design & Management
- Group Exercise
- Fitness Assessment & Program Design
- Biomechanics & Kinesiology
- Personal Training and Programming
- The Business of Personal Training
- Advanced Exercise Techniques



Certification

This program helps prepare you for these Can-Fit-Pro certifications:

- Fitness Instructor Specialist
- Personal Trainer Specialist
- Nutrition & Wellness Specialist

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Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

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Paralegal

The Paralegal program of Algonquin Careers Academy is accredited by The Law Society of Upper Canada. The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare the student to successfully challenge the LSUC licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that

This 44 week diploma program includes a 4 week co-op placement.

Travel Counsellor



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KEEPING LENNON'S **FGACY ALIVE**

If John Lennon were still alive, you can bet there would have been one hell of a party for the former Beatles' 70th birthday last Friday. But instead, we have to read articles about what the peacenik would have been like 30 years after he was shot dead by Mark David Chapman.

ennon's legacy is a complex one. His wife, Yoko Ono, has made it her mission to keep his music on the radio, in movies and, to some controversy, in commercials. It's to her credit that the legendary rocker is still as omnipresent as he is — in some ways it feels as if he's still making music in New York City.

Luckily, the singer-songwriter's tunes have stood up after all these years, so Ono hasn't had too much trouble convincing people to keep his music playing. What his been more diffi-cult is pushing his message of peace and love.

It's impossible to know what Lennon would have

said about the Iraq and Afghanistan wars, or 9/11 or the war on terror, but you can assume he'd be angry about the growing body counts around the world. It would be nice to think that he'd do something as provocative as his 1969 bed-in to protest the Vietnam War — he recorded Give Peace a Chance in Montreal during one of his week-long hotel room stays – but it's just as plausible that he would have been disaffected by the continued disregard for public opinion. (See Iraq War.)

Ono says Lennon would have still been active — she says he'd take to Twitter to voice his displeasure of the Iraq and Afghanistan wars. That doesn't seem like the best way to inspire activism, but at least he'd be doing something, and hopefully he would have followed up with more provocative action.

But, we can speculate all we want, the fact is, it's this part of Lennon's legacy that has been lost. These days Give Peace a Chance is more of a campfire tune than a protest

song, ar while othand er artists have spoken out, no one's made it a central part their identity.



Maybe we're all too cynical these days, but his messages of peace feel quaint; they don't carry nearly the same weight as they did 40 years ago.

And that's a shame. If anything Ono should have been remind-

ing us about, it's that Lennon's wish to evervone get a

long

still

mat-

ters.



tale of life

Splice

Genre: Sci-Fi

Director: Vincenzo Natali Stars: Adrien Brody, Sarah Polley

What exactly have Sarah Polley's Elsa and Adrien Brody's Clive cooked up in their gonzo genetics lab? Should they kill it, rear it or send it flowers? The answers aren't so easy, and they lead to the deliciously twisted tale of Splice.

Toronto's Vincenzo Natali (Cube) owes a debt to two Davids, Cronenberg

and Lynch, and also to executive producer Guillermo del Toro.

Elsa and Clive, a young married couple, are "trans-genic developers." What Elsa and Clive really want to do, which is to create new life forms, achieved by splicing together mammalian, amphibian, avian and other non-human DNA. The main attraction is too good to say too much about.

They call their rapidly growing creation Dren, played by Abigail Chu as an infant and the remarkable French actress Delphine Chanéac as a fully grown ... whatever. PETER HOWELL

Jonah Hex Genre: Action

Director: Jimmy Hayward Stars: Josh Brolin, John Malkovich, Megan Fox

Lots of things go ka-boom and rat-a-tat-tat in Ionah Hex, a barrel-scraping attempt at another comic

book movie franchise. Jimmy Hayward's artlessly directed and sloppily written production, which is drawn from the DC Comics series of the same name. Josh Brolin plays the title anti-hero,

bereft of humour.

Hex is a bounty hunter and former Confederate Army soldier, condemned by dark magic to exist in an other-world between life and death. Hex wants nothing to do with normal society or politics, yet he's summoned by the U.S. president to help save his still-young country. You'd have thought the

studio would have learned from the spectac-ular failure of Wild Wild West a decade or so ago. PETER HOWELL

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Dad against Lohan as porn queen

Lindsay Lohan still has one movie lined up after rehab, playing Deep Throat star Linda Lovelace. But her dad doesn't want her to do it.

"Why would a girl of Lindsay's caliber stoop to doing a movie about a stripper who was a porn queen who got raped by seven executives at one time and wound up dying? How dark is that?" Michael Lohan tells the Sunday Times magazine.

METRO

Bieber's mom upset

After Justin Bieber was spotted locking lips with a girl last month, his mom has reportedly banned him from dating, according to Hollyscoop.

"Pattie's freaking out that she's losing control of her boy," a source says.

Of course, it doesn't help matters that the girl in question, Jasmine Villegas, was part of Bieber's opening act on his tour.

METRO

Twilight stars in LA

In between movie shoots in Louisiana, Kristen Stewart made a quick trip to Los Angeles, where she and Twilight co-star and rumored boyfriend Robert Pattinson were spotted having a cozy night out at the Thompson Hotel in Beverly Hills, according to X17. © METRO

Michael treated well in prison

Singer says inmates and staff were kind and he was given no special treatment ◆ Served four weeks for drug possession and driving under the influence

George Michael was released from prison in England after serving four weeks of an eight-week sentence for drug possession and driving under the influence, according to the BBC.

After one week in London's tough Pentonville Prison, the pop star was moved to a less intense jail in Suffolk.

"Believe me when I tell you that in the last three weeks there have been no tears, no anxiety, no bullying, in fact not so much as a sleepless night for me," Michael said in a statement upon his release.

"On the contrary, I have been treated with kindness by fellow inmates and prison staff alike and as far as I can tell, have received no special treatment of any kind whatsoever."

@ METRO





Dern, Harper file for divorce

After five years of marriage, Laura Dern and musician Ben Harper have split up, according to TMZ.

The very private couple filed for divorce late last week, citing irreconcilable differences. They're seeking joint custody of their two children. According to the filing, the couple actually separated back in January but have kept it under wraps since then. © METRO

Celebrity tweets



Ashton Kutcher [@aplusk] Sharing Love & Light while

in Israel. Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.



Kanye West [@kanye west] Flight Wednesday

October 13th ... Sydney to Frankfurt 22 hours ...well there's a 1 hour refuel but basically it's 22 hours all 20ther



Heidi Montag [@heidim ontag] Today

day I have decided I am done forever wearing my nose tape! Its been long enough!



Kelly Osbourne [@MissKellyO] just went to the

gym where i was told i was not allowed in unless i coverd my tattoos with flesh colored tape it was sooooo weird! • METRO













The National Advisory Committee on Immunization recommends that all Canadians over six months old be immunized against seasonal influenza, but stresses that the following highrisk groups should be vaccinated. Among them are: Adults and children with chronic health conditions, healthy pregnant women, members of a household expecting a newborn during flu season. THE CANADIAN PRESS





Running right

How to properly fuel your body and get the most out of your training



What do you eat after a run? Are you kind to your muscles?

For Canada's top ath-letes at the Commonwealth Games, nutrition is an integral part of training. Food fuels the body, and the right nutrients at the right time boost performance. What about us regular folk?

We asked sports nutrition expert Nanci Guest what healthy, active people can do to improve their everyday nutrition. Guest knows her stuff: she was in charge of menu planning for the 2010 Olympics in Vancouver, and has worked with the Vancouver Canucks hockey team. Her pointers are: eat more protein throughout the day, and be sure you are getting lots of omega 3s and antioxidants. Runners think of fueling their bodies with carbs, and often don't pay enough attention to protein, says Guest. Eat small amounts of protein throughout the day — at all meals and snacks — because your body doesn't store it. Sources of protein include yogurt, cheese, chicken, milk. beans, eggs, tofu, and meat.

Eating more protein



will help prevent strains and soreness, and help you recover from your workouts auicker.

"Your body needs to repair muscles 24/7," says Guest.

Soon after a workout the perfect snack is skim milk and an apple or a banana, she says. If you prefer chocolate milk, add a little chocolate yourself, as store-bought chocolate milk is loaded with sugar.

Antioxidants also help with muscle recovery. Look for colourful fruits and vegetables - red, yellow, green, purple and white.

"They each have different nutrients, so eat lots of different colours," Guest.

Good fats are also vital because they help reduce inflammation. "When we exercise, we automatically get inflammation. It happens at the cellular level. Fish and fortified dairy products are the greatest sources of omega-3s.

Snacks

Hungry and on the run? A snack doesn't have to be a bag of potato chips and a

Why we eat it We revert to those snacks because they're readily available. Plan ahead A little advance planning can help you avoid cravings for cake, cookies, chips and

chocolate bars.

What to eat Vancouver sport dietitian Nanci Guest came up with some healthier snacks you can throw in your work bag: multigrain bagels, low-fat muffins, cereal in a Ziploc bag, fruit leather, energy bars, fig Newton's, yogurt, bananas, apples, oranges, peanut butter and crackers, popcorn, raisins, carrots, unsalted nuts, trail mix, and cheese strings.

Why they're good These foods contain more nutrient-dense calories than the junk.



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STRAIGHT FINANCIAL TALK YOU CAN USE



Health check: Fingernails



barometer of health. Nutritionist Michele

Kingston says to watch out for the following health warnings:

- Dry and brittle nails: Could be indicative of an essential fatty acid deficiency. Increase your intake by adding a tablespoon of flaxseed oil to your salads every day and eating two to three portions of oily fish such as salmon, sardines or herring each week.
- Soft and peeling: Peeling nails can be a sign of calcium deficiency but don't reach for the cheese! The most absorbable form of calcium is from dark green leafy vegetables.
- Vertical ridge: Indicate general nutrient deficiencies, so cut out alcohol and smoking.





which deplete your body of essential vitamins and minerals and eat lots of fruit, vegetables and whole grains.

Horizontal ridges: Indi-4 cate an under active thyroid so increase selenium, zinc and iodine in your diet

White spots: If you have several white marks on your nails you are possibly lacking in zinc so make sure include lots of nuts, seeds, seafood, lentils and brown rice in vour diet.

New program

Actress Ellen Pompeois is ambassador of the Every Little Bottom program, started by Kimberly-Clark, the maker of Huggies.

Diapers In June, the company announced plans to give away millions of diapers in Canada, while raising awareness about the plight of parents who find it difficult to provide nappies for their little ones. It coincided with the release of a study which revealed nearly one in five Canadian moms struggle to afford

THE CANADIAN PRESS



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BAD BREAKS CAN HAPPEN TO THE BEST OF US!

As dentists, we are strong believers in YOUR power to control so many aspects of your oral health, as well as your life! Taking positive steps with diet, exercise, dealing with stress can all improve your oral health. Of course, making the decision to spend the necessary time to properly brush, floss and visit the tist also helps immensely

While there is much in life that we can control, sometimes there are things that we simply cannot. When it comes to your teeth, even the strongest, healthiest teeth may fracture as a result of an unforeseen

If you are unfortunate enough to experience such an accident, you will likely need some form of treatment. Of course, the nature of the required treatment may vary depending upon the manner of the fracture

For instance, cracks in the teeth can be treated with different options, depending upon the severity of the crack. If you are lucky, the crack may simply be nothing more than a very minor surface cracking of the enamel, the exterior coating of the tooth. A simple polishing may be sufficient to treat this.

However, if you notice the appearance of a crack on your teeth, you should not assume it is minor in nature. Have your dentist take a look. The crack may be



Dr. Martin LaBoissonniere **Dental Surgeon**

indicative of a more severe fracture that goes through the entire tooth.

You may not be experiencing any pain yet, but such a crack can leave your root exposed. It could require a filling, a crown or possibly a root canal if the root or pulp of the tooth has been damaged.

Many people active in sports may chip a tooth. Again, the severity and location of the chip can determine the ideal treatment. A very minor chip may require little more than filing away any sharp edges created. If the shape is not cosmetically appealing, veneers may prove an attractive option to get that tooth to, once again, look...attractive!

However, larger chips may leave a root exposed and require more intrusive

option best suited to this situation

If you experience a serious break, you will know it. Such a break will usually be the result of a strong trauma, and it will usually be accompanied with very noticeable pain, bleeding and often swelling. You will have to see your dentis

In some instances, the fracture may be so severe that your dentist might suggest implants as the best alternative. Implants are wonderful options as they look and perform just like a natural tooth. Patients ve had them have been thrilled with the results!

For all the hard work you do to take care of your teeth, we hope you never see your efforts undone by an accident that leaves you with a fractured tooth. However, if this should be the case, visit your dentist as soon as possible. Even if you think it is a minor break, x-rays may reveal a potentially more serious probler than you might think.

Let your dentist determine how se the damage is and provide you with treatment options. Because treating fractures as early as possible is a healthy habit...and healthy habits lead to healthy lives

- Dental Surgeon

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



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If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10

A healthy cheesecake?

Ingredients:

- 6 chocolate wafer cookies
- 15 ml (1 tbsp) plus 300 ml
 (1 1/4 cups) sugar
 30 ml (2 tbsp) instant
- 30 ml (2 tbsp) instessor
- 37 ml (2 1/2 tbsp) coffee
- liqueur or water

 500 ml (2 cups) non-fat cottage cheese
- 325 ml (1 1/3 cups) reduced-fat sour cream
- 340 g (3/4 lb) reduced-fat cream cheese
- 90 ml (6 tbsp) flour
- 2 large eggs
- 2 large egg whites
- 30 ml (2 tbsp) unsweetened cocoa powder
- 1 ml (1/4 tsp) cinnamon
- 1 ml (1/4 tsp) salt

• Feeling guilty after Thanksgiving dinner and dessert? • Here's a healthy choice to get back on track

A love of cheesecake is easily soured when you look at what goes into it.

Many versions have 30 or even 40 grams of fat per slice and can call for 500 grams (one pound) of full-fat cream cheese in addition to sour cream, half a dozen egg yolks and butter in the crust.

Fortunately, it is possible to make a healthier — yet still satisfying — cheescake. It's just a matter of choosing the right ingredients.

This cafe mocha cheesecake is rich and velvety, yet has just two-thirds of the fat and half the calories of traditionally made versions.

To lighten up the filling, full-fat cream cheese is swapped out for a mixture of pressed and puréed non-fat cottage cheese and reduced-fat cream cheese. An additional hit of creaminess comes from reduced-fat sour cream.

For a rich, chocolaty flavour, cocoa powder is used instead of semi-sweet chocolate. Cocoa powder contains only a small fraction of the fat of chocolate. Instant espresso powder and coffee liqueur, such as Kahlua, are added to enhance the flavour of the chocolate

Cafe Mocha Cheesecake Preparation:

- Heat oven to 150 C 300 F. Coat a 23-cm (9-inch) springform pan with cooking spray.
- With a rolling pin or the bottom of a heavy skillet, crush cookies into fine crumbs. In a small bowl, stir together cookie crumbs with 15 ml (1 tbsp) of the sugar. Pour mixture into prepared pan and tilt to coat the bottom and sides.
- In a small bowl, dissolve espresso powder in liqueur and set aside. Place cottage cheese in a double layer of cheesecloth and gather the corners at the top. Squeeze out as much liquid as possible.
- Place drained cottage cheese in a food processor and process until smooth, about 2 minutes. Add sour cream, cream cheese, flour, eggs, egg whites, cocoa, cinnamon, salt and remaining 300 ml (1 1/4 cups) sugar and dissolved espresso powder. Process until smooth



Pour batter into prepared pan. Bake for 50 to 60 minutes or until the edges are set 2.5 cm (1 inch) from the sides but the centre of the

cake is still a bit wobbly. Turn off oven and leave cheesecake for 30 minutes longer to continue cooking. 6 Set cheesecake on a wire rack to cool completely, about 1 hour. Refrigerate for at least 4 hours before removing from the pan

and serving. Just before serving, sprinkle lightly with cocoa powder. Make 16 servings.



October 9-16

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bullfrogpowered

Wine pairings by Gallo



When you're in my line of work meeting wine industry celebrities is par for the course. And while it may be the congenial nature of the business, I've found that almost all are gracious and accommodating especially when you get them one on one.

Gina Gallo certainly proved my point when I had lunch with her in Halifax last week. In town for the Port of Wines Festival the granddaughter of Julio Gallo and the public face of the Californian wine giant that is E & J Gallo Wines was happy to share stories of her family's decades in the wine industry and her love of chardonnay.

A respected winemaker in her own right, Gallo

feels the next big thing in white wine is a rediscovery of the versatility of chardonnay. On the red side she thinks the drinkability of pinot noir will finally gain the grape the mainstream audience it deserves.

With such a huge portfolio the availability of Gallo wines across the country varies dramatically. The Gallo Family Vineyards line offers killer value with the 2007 California Pinot Grigio (\$7.95 - \$11.29) a crisp, refreshing, fish-friendly white with a light tropical vibe of peach, grapefruit and lime.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Working for a marriage

• Commuter marriage works when spouses work together

During the week, Joseph Hausmann leads a fairly typical single guy's life.

The 32-year-old engineer lives in a small, rented apartment above a garage, relying heavily on microwavable dinners and an exercise regime that fends off his less than stellar diet.

But Hausmann isn't a typical single guy. On Fridays, he piles into his car and makes the four- to fivehour trip to Newark, Del., back to his house, wife and life as he used to know it before taking a job near Hartford, Conn., in February.

"I liken my experience to going back to college and living in a dorm room," said Hausmann, who started commuting long distance after being laid off, and a subsequent job search that reaped no leads closer to home. It's a situation that, while becoming oddly routine, is hardly ideal for Hausmann and his wife, Jennifer Adams, who continues to work and live in their house, which has been on the market, garnering very little interest.

The difficult job market has given rise in recent



years to the number of people in commuter marriages, where couples live in different cities, states or even countries to make ends meet while trying to weather the economic storm.

"I see it all the time," said Nancy Fagan, a San Diego marriage counsellor and divorce mediator who herself lives thousands of kilometres from her husband in Boston.

Commuter marriages have other price tags.

"It's very expensive," said Jennifer Dickson, who three years ago left her house and husband in Austin, Texas, to move to Washington, D.C.

In addition to rent for a Washington apartment and a car. Dickson, a communications expert for an environmental group, airfare and travel budgets have taken a toll. The couple, who have gone from one to two weeks without seeing each other, now make a hobby of jockeying for cheap airfares and building up mileage points to take the edge off. "It was to the point where my husband switched his credit card so we could get points for more home expenses, even a new roof," she said. THE ASSOCIATED PRESS

HEARTRBREAK LED TO LOVE FOR FRENEMIES

Names: Scott, 28, and Ashleigh, 29

Hometown: Surrey, B.C.

Together since: 2005

Their story:

How We Met:

Scott & Ashleigh

"Scott and I (Ashleigh) were actually frenemies for years

for years

"He saw me as a tomboy; I thought he was overly opinionated. But one time, I was heartbro-

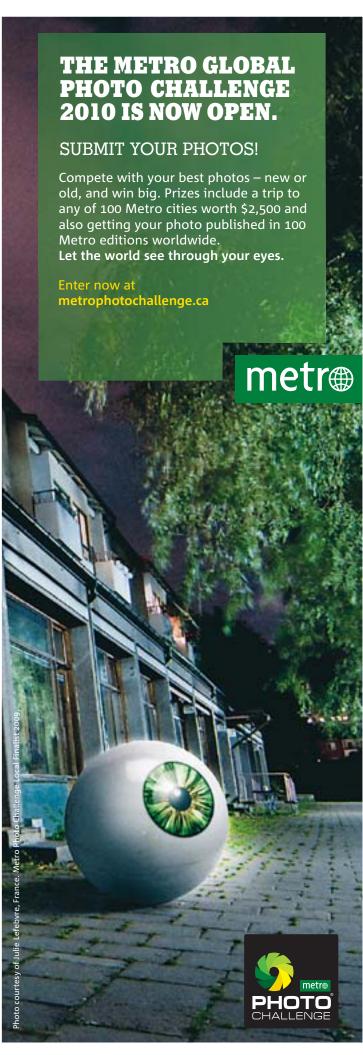


ken over a horrible relationship, so I decided to throw a party and find a date to take — I asked Scott. I got all decked out, and when Scott saw me, my friend had to pick his jaw up from the floor. That night, my former frenemy was a real sweetheart, and we've been together ever since.

"We have three cats, a

dog and are just about to buy a house. We are so excited for the future. The moral of our story: You just might find your knight in shining armour—or princess—in an unexpected place!."

WE WANT TO KNOW HOW YOU MET! GO TO 2FOR-COUPLES.COM NOW TO SUB-MIT YOUR LOVE STORY.



Fun and Frugal

LESLEY SCORGIE



HOMF-BUYING NO-NO

here are many attractive incentives for current home buyers, plus, many Canadian markets are flush with selection resulting in a buyer's market. But, don't let home buying hype push you to overbuy and derail your long-term financial goals.

Buying a home is a huge financial commitment, and the total costs of home ownership go well beyond the mortgage payment. You'll be on the hook for utility bills, taxes, maintenance, repairs, condo fees, and much more. These extra expenses can be more than your mortgage pay-

CAREER TRAINING

ment! Before you start searching for property, figure out what you can afford. Consider:

- You'll need a down payment. Nowadays, financial institutions will accept less then 10 per cent for a down payment. But, you'll pay a hefty premium for highly insured mortgages (less than 20% down payment), through CMHC fees.
- Draw up a budget. List your normal monthly income and expenditures, then figure out how home ownership will affect your budget.
- Calculate how much you can afford each month. You can go online and use a mortgage calculator from any of the big

Never ending money worries?

Alison's Money Rule: When it comes to money, the pursuit isn't always enough • You need a reason

Poor, sad, rich folk. No, not an oxymoron. A Royal Bank of Canada commissioned study found that less than half (49 per cent) of Canada's millionaires feel they have grown happier as they have accumulated more wealth.

The bank attributes this sorry state of affairs to the fact that having more monev creates more complexity and more problems in one's life. The worries include managing investments, planning for retirement and succession planning.

Frankly, I doubt this reasoning. I'm sorry, but I think there's a lot more stress associated with living pay cheque to pay cheque, as 60 per cent of Canadian report of themselves. And what about having to go in-



to debt to get braces for your kids, never mind education down the road or, gasp, retirement?

I'm not saying that people with money don't have problems, they do. But I think there's a different issue at work.

Many people are success-

ful at setting a goal - say a net worth of \$1 million and then striving mightily to reach it. But when they've arrived, it doesn't seem adequate so they move the goal posts to, say, \$2 million.

This moving of the goal post is what creates unhap-

Interest rates/ Savings accounts

BANK	RATE
BMO	1.30%
CIBC	1.35%
HSBC	0.85%
ING	1.50%
PCF	1.50%
RBC	1.25%
SCOTIA	1.30%
TD	1.15%
ALLY	2.00%

piness, because there's never the satisfaction of completing a job, only the continuing pursuit. thrive in the pursuit but most don't.

One solution is to couple a financial goal with a specific reason. The question then is, Why Do You Want a Thousand, Ten Thousand or a Million Dollars? If you don't have an answer you probably won't be satisfied when you reach that magic number.

On the other hand, if your target is a cottage, your own business, early retirement, a second shot at education or perhaps the ability to help a disabled family member, then you're more likely to be satisfied in the end

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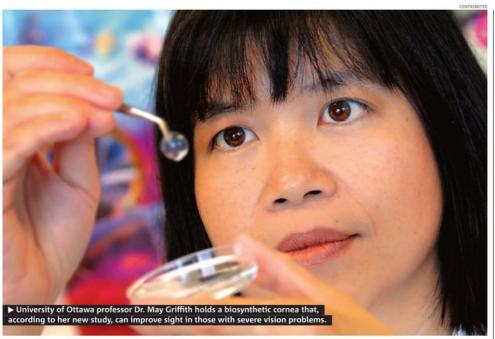
- Assets of \$2.1 trillion and operations in more than 60 countries

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Monday October 18th 5pm to 7pm

St. Laurent Mall (2nd floor behind the food court) Be sure to bring your resume with you!





Implants could restore vision

Study finds that biosynthetic corneas can improve damaged eye tissue
 Patients' vision comparable to those who had undergone transplants

JOE LOFARO FOR METRO OTTAWA

People suffering from vision problems may be given more hope after a new study published in Science Translational Medicine revealed that biosynthetic corneas can improve damaged eye tissue.

University of Ottawa professor Dr. May Griffith has been developing biosynthetic corneas for over a decade with colleagues in Ottawa and Linköping University in Sweden. Her study has shown that for the first time, artificial corneas can integrate with the human eye.

"With further research, this approach could help restore sight to millions of people who are waiting for a donated human cornea for transplantation," said Griffith.

Ten Swedish patients who had suffered from corneal scarring underwent surgery to remove the damaged tissue and were fitted with biosynthetic corneas. After two years of close observation, the cells and nerves of the patients' corneas had successfully bonded with the synthetic implant.

Although only six of the patients noticed an improvement in vision, doctors remain optimistic that the new study will pave the way for further research that will help those with severe vision problems.

"New studies are being

New approach

The cornea is a thin transparent layer of collagen and cells that acts as a window into the eyeball.

- The trial. Patients did not experience any rejection issues or require long-term immune suppression with biosynthetic corneas.
- Results. Implants behaved like normal human tissue and even produced tears to keep eyes oxygenated.

planned that will extend the use of the biosynthetic cornea to a wider range of sight-threatening conditions requiring transplantation," said Dr. Fagerholm at Linköping University.

Science Cafe brings science to the masses



A popular speaker series at Carleton University is taking higher learning out of the classroom.

The free Science Café series, held every other Wednesday at the Wild Oat Café on Bank Street through the end of April, explores topics from why leaves turn different colours, to nanotechnology and health, to computer malfunctions.

A professor of biology at Carleton, Root Gorelick has been organizing the series for the past two years. "I enjoy these talks," he

"I enjoy these talks," he said. "And people really get into this stuff. We get dozens of people. We have kids under 10 in there and people in their 80s.

"We truly mean this as an event that gives back to folks with no strings attached whatsoever, so people in the community can come and learn."

For that reason, Gorelick asks that speakers make their topics — no matter how technical or scientific — accessible. "We have to be able to explain it to anybody," he said.

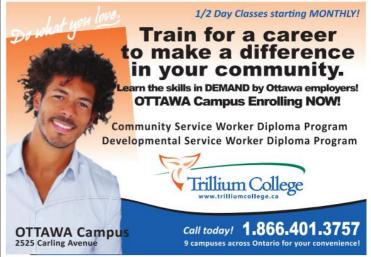


The Science Café talks run from 6:30 to 7:30 p.m., but those who shy away from being lectured at for an hour need not worry. Each event includes a 20-minute talk by a scientist followed by a 40-minute open questionand-answer period.

Audience participation is key, said Gorelick.

Upcoming

- Oct. 13: Thermometers, barometers, ham sandwiches and Borsuk-Ulam theorem.
- Oct. 27: Geological calamities, from Icelandic volcanic eruptions to Ottawa earthquakes.
- Nov. 10: How to get to where you want to go without a map.
- Nov. 24: A precise way to treat cancer.





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sports

Quoted



"Five days ago
we were going to
win a World
Series and now
we're packing up
our lockers. It
just kind of
happened really
quick."

TWINS SHORTSTOP
J.J. HARDY. MINNESOTA WAS
ELIMINATED BY NEW YORK
SATURDAY IN A THREE-GAME
SWEEP. IT WAS THE FOUNTH
TIME IN EIGHT YEARS THAT
MINNESOTA WAS
ELIMINATED FROM THE
POST-SEASON BY THE

YANKEES.

"They play with extreme confidence against us.
That's it. There's nothing we can do to make them feel pressure."
HARDY ON THE YANKEES



Ovie denies Sens their first win

() Stireten

Ruutu, Shannon had Sens' goals



CAPITALS

SENATORS

Alex Ovechkin couldn't keep the puck on his stick and appeared uncharacteristically sluggish.

He had ruined an oddman rush with an ill-timed interference minor and had made more trips to the penalty box than he had shots.

Then came overtime – and redemption.

Ovechkin scored 4:29 into overtime yesterday, lifting the Washington Capitals to a 3-2 victory over the Ottawa Senators.

"Only Alex can play like he did and score the overtime goal and be the hero. Go ask him how he played. He'll tell you: Not so good," Capitals head coach Bruce Boudreau said. "But he got the overtime goal and that's what superstars do."

The Senators had limited Ovechkin to two shots before he skated down the right wing, got a half-stride on defenceman Chris Phillips and uncorked a wrist shot from the right

circle that slipped past goalie Pascal Leclaire for his third goal of the season.

Ovechkin readily acknowledged it wasn't his most impressive effort. But he avoided being held without a point for the first time this season in dramatic fashion.

"Shoot the puck and puck goes in," Ovechkin said. "Pretty lucky."

In a heartbeat, any frustration the Capitals were feeling about allowing Ottawa to tie the game with 12:40 left in regulation was erased.

Senators defenceman Sergei Gonchar said Ovechkin's ineffectiveness until the game-winner was the byproduct of improving play from a team that remained winless.

"(Ovechkin is) not what we're worrying about. ... The focus was to get the team going," Gonchar said.

Alexander Semin and Eric Fehr also scored for the Capitals, who have won two straight games.

Jarkko Ruutu and Ryan

Jarkko Ruutu and Ryan Shannon scored for Ottawa, which has dropped all three games this season.

"Tonight was more organized and we supported each other better," Shannon said. "We stayed together on the ice and didn't get spread out, so it seemed like we weren't as tired as the game went on. ... We hung with them."

THE ASSOCIATED PRESS



Giants best Braves, move on to NLCS

San Francisco won another thriller, again with help from some shaky Atlanta defence, and the Giants are off to the NL championship series for the first time since 2002.

For Bobby Cox, there are no more games.

Cody Ross homered and drove in the go-ahead run with a seventh-inning single, leading the Giants to a 3-2 victory in Game 4 last night and wrapping up an



GIANTS

2

BRAVES

NL Division Series that was tight and tense to the very last out

Every game was decided by one run, but the Giants won three of them to take the best-of-five series and earn a shot against the twotime defending NL champion Phillies. Game 1 is Saturday at Philadelphia.

After Melky Cabrera grounded out with two runners aboard to end the series and Cox's career, the fans chanted "Bobby! Bobby!"

The retiring manager finally came out of the dugout and tipped his cap. THE ASSOCIATED PRESS

Sports in brief



Burnett back in rotation

MLB. A.J. Burnett will start Game 4 of the AL Championship Series for the New York Yankees on two weeks' rest.

General manager Brian Cashman said yesterday that New York decided against using a three-man rotation against Texas or Tampa Bay.

Favre says sorry to Vikes

NFL. Brett Favre has apologized to the Minnesota Vikings for the distraction caused by an NFL investigation into allegations that he sent racy messages and lewd photos to a New York Jets game hostess in 2008.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	UF	vv	_	OIL	JL	OF.	UM	rus	Home	Away	rast To	Juk
d-Philadelphia	3	2	0	1	0	8	6	5	1-0-0-0	1-0-1-0	2-0-1-0	W1
d-Toronto	2	2	0	0	0	8	3	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
NY Islanders	2	1	0	0	1	10	9	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Washington	3	2	1	0	0	12	8	4	2-0-0-0	0-1-0-0	2-1-0-0	W2
Tampa Bay	1	1	0	0	0	5	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Atlanta	2	1	1	0	0	7	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	2	1	1	0	0	5	5	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Buffalo	3	1	2	0	0	8	11	2	0-2-0-0	1-0-0-0	1-2-0-0	L2
Pittsburgh	3	1	2	0	0	7	7	2	0-2-0-0	1-0-0-0	1-2-0-0	W1
New Jersey	3	0	2	1	0	6	14	1	0-1-1-0	0-1-0-0	0-2-1-0	L3
Ottawa	3	0	2	1	0	4	10	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Florida	1	0	1	0	0	2	3	0	0-0-0-0	0-1-0-0	0-1-0-0	L1
WESTERNICO	MEET	SEN	CE									

WESTERN CONFERENCE

	GP	VV	L	UIL	2L	GF	GΑ	Pts	Home	Away	rast 10	Strk
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
d-Detroit	2	2	0	0	0	7	2	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L1
Chicago	3	1	1	1	0	9	10	3	0-1-0-0	1-0-1-0	1-1-1-0	W1
Nashville	1	1	0	0	0	4	1	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Colorado	2	1	1	0	0	6	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Los Angeles	2	1	1	0	0	3	4	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Vancouver	1	0	0	0	1	1	2	1	0-0-0-1	0-0-0-0	0-0-0-1	L1
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L2
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L3
 d — division leader; a 												
tory in the W column	; the	team	los	ing in	over	time	or sh	ootou	t receives	one point	which is re	gis-

tered in the OL (other loss) column.

Pittsburgh 3 New Jersey 1 N.Y. Islanders 6 N.Y. Rangers 4 St. Louis 5 Anaheim 1 Chicago 4 Buffalo 3 Philadelphia 4 Colorado 2 Washington 3 Ottawa 2 (OT) Florida at Vancouver Sunday's results Calgary 3 Los Angeles 1 Edmonton 3 Florida 2

At Prague, Czech Republic Boston 3 Phoenix 0

Boston 3 Phoenix 0
Tonight's games
(All times Eastern)
Colorado at Detroit, 7 p.m.
Atlanta at Los Angeles, 10:30 p.m.
Tomorrow's games
New Jersey at Buffalo, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.

CAPITALS 3, SENATORS 2 (OT)

First Period

1. Washington, Semin 1 (Laich, Fehr) 18:38

Penalties — Fleischmann Wash (hooking)

4:57, Knuble Wash (high-sticking) 12:05, Regin Ott (interference) 14:19, Carkner Ott

Carestinal 14:19, Washington bench (the (roughing) 16:18, Washington bench (too many men; served by Ovechkin) 19:30. Second Period

Ottawa, Ruutu 1 (Carkner, Neil) 9:57
 Washington, Fehr 2 (Hendricks, B.Gordon)

11:18
Penalties – Ovechkin Wash (cross-checki 6:25, Kelly Ott (slashing) 12:32, Ovechkin Wash (interference) 19:29.
Third Period
4. Ottawa, Shannon 1 (Regin) 7:20
Penalties, Karabar Ott (heaking) 3:25 P.

Penalties — Kovalev Ott (hooking) 3:35, Regin Ott (hooking) 10:13, Ruutu Ott (unsportsmanlike conduct), Erskine Wash (roughing) 13:58.

5. Washington, Ovechkin 3 (Carlson, Schultz)

Penalties — None Shots on goal by Ottawa Washington

13 10 7 1-31 11 6 6 3-26 Washington 11 6 3–26 Goal – Ottawa: Leclaire (L,0-2-1); Washington: Neuvirth (W,2-1-0). Power plays (goals-chances) – Ottawa: 0-5; Washington: 0-5.
Attendance – 18,398 (18,398) at Washington.

LATE SUNDAY

OILERS 3, PANTHERS 2

Tampa Bay at Montreal, 7:30 p.m.

Edmonton at Minnesota, 8:30 p.m. Detroit at Dallas, 8:30 p.m.

Detroit at Dalias, 8:30 p.m.
Friday's games
Colorado at New Jersey, 7 p.m.
Triday's games
Colorado at New Jersey, 7 p.m.
Toronto at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
Atlanta at Anaheim, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

Toronto at Pittsburgh, 7:30 p.m.

Nashville at Chicago, 8:30 p.m. Vancouver at Anaheim, 10 p.m.

Thursday's games Tampa Bay at Philadelphia, 7 p.m. Carolina at Ottawa, 7:30 p.m. St. Louis at Nashville, 8 p.m.

First PeriodNo Scoring.

Penalties — Horcoff Edm (cross-checking) 5:26, Weiss Fla (tripping) 10:06.

Second Period

1. Edmonton, Penner 1 (Gilbert, Gagner) 1:33 2. Edmonton, Jones 1 (Vandermeeer) 5:34

3. Florida, Reasoner 1 (Bernier) 6:11
4. Edmonton, Horcoff 2 (Hall, Peckham) 7:20 5, Florida, Reasoner 2 (Booth, Bernier) 17:51

Penalties — Smid Edm (holding) 9:27, Fraser Edm (high-sticking) 10:11, Stillman Fla (interference) 10:17, Brule Edm (high-sticking) 13:16, Gilbert Edm (hooking) 15:05.

No Scoring.

Penalties — None.

11 12 5 3 4 6 Florida Edmonton 13 Goal — Florida Vokoun (L,0-1-1); Edmonton: Khabibulin (W,2-0-0).

Power plays (goals-chances) — Florida: 0-4:

Edmonton: 0-2.

Attendance — 16,839 (16,839) at Edmonton.

MLB

2010 POSTSEASON

DIVISION SERIES

AMERICAN LEAGUE Tampa Bay vs. Texas (Series tied 2-2)

Tonight's game
Texas (Cl.Lee 12-9) at Tampa Bay (Price 19-6), 8:07 p.m.

Minnesota vs. New York (New York wins series 3-0) NATIONAL LEAGUE

Philadelphia vs. Cincinnati (Philadelphia wins series 3-0) San Francisco vs. Atlanta

San Francisco 3 Atlanta 2

GIANTS	3,	В	R	Α۱	/ES2				
San Francisco	ab	r	h	bi	Atlanta	ab	r	h	t
ATorrs cf	4	0	0	0	OInfant 2b	5	1	1	
FSnchz 2b	4	0	0	0	M.Diaz If	3	0	1	
A.Huff 1b	3	1	1	0	MeCarr ph-If	2	0	0	
BrWlsn p	0	0	0	0	D.Lee 1b	4	0	0	
Posey c	4	1	1	0	McCnn c	3	1	2	
Burrell If	2	0	0	0	McLoth pr	0	0	0	
SCasill p	0	0	0	0	D.Ross c	0	0	0	
JaLopz p	0	0	0	0	AlGnzlz ss	4	0	1	
Ishikaw ph-1b	1	0	0	0	Heywrd rf	4	0	2	
Uribe ss-3b	3	0	0	1	Glaus 3b	3	0	0	
Fontent 3b	2	0	0	0	Venters p	0	0	0	
Rownd ph	1	0	0	0	Kimrel p	0	0	0	
Schrhlt rf	0	0	0	0	Conrad ph	1	0	0	
C.Ross rf-lf	3	1	2	2	Ankiel cf	2	0	0	
Bmgrn p	2		0	0	D.Lowe p	2		0	
Renteri ss	1		1	0	Moylan p	0	0	0	
DHrndz 3b	1	0	0	0					
Hinske ph	0	0	0	0					
THudsn pr	0	0	0	0					
Totals	50	2		2	Totale	2/1	2	7	

IVICCAIIII.						
	IP	Н	R	ER	BB	SC
San Francisco						
Bumgarner W,1-0	6	6	2	2	1	
S.Casilla H,1	12-3	1	0	0	0	- 2
Ja.Lopez H,2	1-3	0	0	0	0	- 1
Br.Wilson S,2-3	1	0	0	0	2	- 1
Atlanta						
D.Lowe L,0-2	61-3	2	3	2	2	8
Moylan BS,1-1	0	0	0	0	0	(
Venters	12-3	3	0	0	0	- 2
Kimbrel	1	0	0	0	0	- 1
Movlan pitched to	1 batt	er in	the	7th.		

Venters pitched to 1 batter in the 9th. T-2:56, A-44,532 (49,743) at Atlanta

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	Pt
x-New York	28	14	8	6	35	27	48
x-Columbus	28	13	8	7	35	31	46
Kansas City	27	9	12	6	30	33	33
Chicago	27	8	11	8	33	35	32
Toronto FC	28	8	13	7	28	37	31
New England	28	8	15	5	31	48	29
Philadelphia	28	7	14	7	32	45	28
D.C. United	28	6	19	3	19	44	21

WESTERN CONFERENCE

	GP	W	L	Т	GF	GA	Pt
x-Los Angeles	28	17	6	5	41	22	56
x-Real Salt Lake	28	14	4	10	41	18	52
x-FC Dallas	28	12	2	14	41	24	50
x-Seattle	28	13	9	6	36	32	45
x-San Jose	27	12	8	7	30	28	43
Colorado	28	11	8	9	39	29	42
Chivas USA	27	8	15	4	29	36	28
Houston	28	7	15	6	37	48	27
Note: Three point	s for	a w	vin,	one	for a	tie.	
v — clinchod plays	off h	arth	,				

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID **BADMINTON**

Doubles:

Doubles:
Toby Ng. Calgary, and Jon Vandervet, Edmonton, lost in round of 16.
Women
Singles: Anna Rice, North Vancouver, B. C.,
lost in quarter-finals; Mitchelle Li, Markham,
Ont., lost in quarter-finals, Doubles: Grace Gao, Calgary, and Joycelyn Ko,
Toronto, lost in round of 16, Alex Bruce, Toronto, and Mitchelle Li, Markham, Ont., lost in round of 16. round of 16.

DIVING

Men
Three-metre springboard: Alexandre
Despatie, Laval, won gold; Rueben Ross, Pilot
Butte, Sask., won silver; Eric Sehn, Edmonton,
fourth.
Women
10-metre platform: Roseline Filion, Laval,
Que., fourth; Carol-Ann Ware, Otterburn, Park,
Que., fifth; Pamela Ware, Otterburn Park,
11th.

FIELD HOCKEY

India 3 Canada 0

RUGBY SEVENS

Men New Zealand 43 Canada 7 Scotland 19 Canada 17 Canada 47 Guyana 0

SHOOTING

Men Pairs Skeet: Jason Caswell, Edmonton, and Richard McBride, Saskatoon, won silver.

TRACK AND FIELD

Pole vault:Jason Wurster, Toronto, seventh

Women 100 hurdles: Angela Whyte, Edmonton, won silver, 12.98. 200: Adrienne Power, Halifax, won bronze,

23.52.
 800: Diane Cummins, Victoria, won bronze,

WEIGHTLIFTING

105+ kilograms: George Kobaladze, Montreal,

TENNIS

ATP WORLD TOUR SHANGHAI **ROLEX MASTERS**

Vesterday's results
Singles – First Round
Jo-Wilfried Tsonga (12), France, def. Feliciano
Lopez, Spain, 7-6 (4), 6-3.
Gilliermo Garcia-Lopez, Spain, def. Eduardo
Schwank, Argentina, 6-7 (8), 6-2, 6-4.
Jurgen Melzer (13), Austria, def. Yang Tsung-hua, Taiwan, 6-4, 7-6 (5).
Jeremy Chardy, France, def. Marcos Baghdatis, Cyprus, 7-6 (4), 6-1.
Thiem od e Bakter, Netherlands, def. Fernando Verdasco (9), Spain, 7-6 (4), 7-5.
Juan Monaco, Argentina, def. Florent Serra,
France, 6-4, 7-6 (3).

Juan Wohaco, Argentina, der. Florent Serra, France, 6-4, 7-6 (3). Mischa Zverev, Germany, def. Sergiy Stakhovsky, Ukraine, 6-1, 4-6, 7-6 (7) Stanislas Wawrinka, Switzerland, def. Gilles Simon, France, 6-4, 6-1. **Doubles — First Round**

Lukas Dlouhy and Radek Stepanek, Czech Re-public, def. John Isner and Sam Querrey, U.S.,

6-3, 6-7 (1), 10-6 tiebreak. Nicolas Almagro and David Marrero, Spain, def. Gong Mao-Xin and Li Zhe, China, 4-6, 6-2, 10-5 tiebreak.

TRANSACTIONS

BASEBALL

MLB

NATIONAL LEAGUE
CHICAGO CUBS — Announced pitching coach
Larry Rothschild has exercised his contract option for next season.

BASKETBALL

LEAGUE OFFICE - Fined Portland G Rudy Fernandez \$50,000 for public statements detri mental to the NBA

GOLDEN STATE WARRIORS — Waived F Ver-non Goodridge

non Goodridge.
MEMPHIS GRIZZLIES — Waived F Luke Jackson, G Tre Kelley and G Kenny Thomas.
PHOENIX SUNS — Waived G Chucky Atkins.
PORTLAND TRAIL BLAZERS — Signed C Steven Hill.
SAN ANTONIO SPURS — Waived G Kirk Pen-

FOOTBALL

NPL
BUFFALO BILLS — Activated TE Shawn Nelson from the suspended list. Released LB
Chris Ellis.
CAROLINA PANTHERS — Claimed WR Devin
Thomas off waivers from Washington. Waived
Old Tips Devidencesh

OL Tim Duckworth.

HOCKEY

NHL

ANAHEIM DUCKS - Signed D Andreas Lilja to

ANAHEIM DUCKS — Signed D Andreas Lilja to a one-year contract.

ATLANTA THRASHERS — Reassigned G Drew MacIntyre to Chicago (AHL). Recalled G Peter Mannino from Chicago.

COLUMBUS BLUE JACKETS — Assigned G David Lellveeau to Springfield (AHL).

DETROIT RED WINGS — Signed coach Mike Babcock to a four-year contract extension. SAN JOSE SHARKS - Assigned C Tommy Wingels to Worcester (AHL).

CFL

WEEK 15

EAST DIVISIO	N					
	GP	W	L	Т	PF PA	F
x-Montreal	14	10	4	0	455 356	2
Hamilton	14	7	7	0	366 366	1
Toronto	14	7	7	0	283 363	1
Winnipeg	14	4	10	0	392 385	

WEST DIVISIO								
	GP	W	L	Т	PF	PA	Pt	
x-Calgary	14	10	4	0	471	341	20	
x-Saskatchewan	14	9	5	0	399	369	18	
B.C.	14	5	9	0	356	366	10	
Edmonton	14	4	10	0	273	449	8	

- clinched playoff berth. Yesterday's results

Yesterday's results Montreal 46 Calgary 19 Winnipeg 47 B.C. 35 (OT) Saturday's result Toronto 24 Saskatchewan 19 Friday's result Hamilton 36 Edmonton 11

WEEK 16

Friday, Oct. 15 Hamilton at Toronto, 7:30 p.m. Saturday, Oct. 16 Edmonton at B.C., 10 p.m. Sunday, Oct. 17 Winnipeg at Montreal, 1 p.m. Calgary at Saskatchewan, 4 p.m.

SCORING LEADERS

x - scored two-poi	nt cor	ıvert			
	TD	C	FG	S	Pts
Maver, Cal	0	52	28	3	139
Duval, Mtl	0	37	30	12	139
McCallum, BC	0	26	35	6	137
Congi, Sask	0	39	26	2	119
DeAngelis, Ham	0	32	26	3	113
Prefontaine, Edm	0	25	21	8	96
Cates, Sask	15	0	0	0	90
T.Edwards, Wpg	11	0	0	0	66
Palardy, Ham-Wpg	0	17	14	6	65
x-Green, MtI	10	2	0	0	62
Bryant, Cal	10	0	0	0	60
x-Cobb, Ham	8	1	0	0	50
Robertson, BC	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
Bruce, Ham	7	0	0	0	42

AMERICAN CONFERENCE

EAST						
	W	L	Т	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	5	0	.000	87	161
SOUTH						
	W	L	Т	Pct	PF	PA
Houston	3	2	0	.600	118	136
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
Indianapolis	3	2	0	.600	136	101
NORTH						
	W	L	Т	Pct	PF	PA
Baltimore	4	1	0	.800	92	72
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	3	0	.400	100	102
Cleveland	1	4	0	.200	78	97

Oakland Denver San Diego

Byes: Miami, New England, Pittsburgh, Seattle Last night's result Minnesofa at N.Y. Jets Sunday's results

Arizona 30 New Orleans 20 Atlanta 20 Cleveland 10 Baltimore 31 Denver 17 Chicago 23 Carolina 6

WEEK FIVE

WEST

NATIONAL CONFEDENCE

INATIONAL	·CO	ΝГ	LKL	INCE		
EAST						
	W	L	Т	Pct	PF	PA
Washington	3	2	0	.600	89	92
N.Y. Giants	3	2	0	.600	106	98
Philadelphia	3	2	0	.600	122	103
Dallas	1	3	0	.250	81	87
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	4	1	0	.800	113	70
Tampa Bay	3	1	0	.750	74	80
New Orleans	3	2	0	.600	99	102
Carolina	0	5	0	.000	52	110
NORTH						
	W	L	Т	Pct	PF	PA
Chicago	4	1	0	.800	92	74
Green Bay	3	2	0	.600	119	89
Minnesota	1	2	0	.333	43	38
Detroit	1	4	0	.200	126	112
WEST						
	W	L	Т	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	2	2	0	.500	75	77
St. Louis	2	3	0	.400	83	96
San Francisco	0	5	0	.000	76	130

Detroit 44 St. Louis 6 Indianapolis 19 Kansas City 9 Jacksonville 36 Buffalo 26 Tennessee 34 Dallas 27 Washington 16 Green Bay 13 (OT)

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Crossword

1ACROSS 1 Genie's home 5 Society newcome 8 Herd members 12 Hodgepodge 13 Eggs 14 Stage statuette 15 Daughter of King Lear 17 Parks of civil rights fame 18 Coloration 19 Every last crumb 20 Skilled 21 Weep 22 Nevertheless briefly 23 Fold-up mattress 26 Malaria remedy 30 Distant 31 Comprehend 32 Rainbow 33 Walked like a little kid 35 Got down to pray 36 Doctrine

37 Insect 38 Wide 41 Knight's address 42 Toward the stern 45 Count counterpart 46 Ribbed fabric 48 And others (Lat.) 49 Curved line 50 Harvest 51 Depend (on) 52 To the - degree

2 Felipe or Matty of baseball 3 Swampy terrain 4 Pea holder

Down 8 Putting a barrier around 9 Reed instrument 10 Thin trail of smoke 11 Membership 16 Deserve 53 Appellation 20 Sushi-bar tuna 21 As a good host 1 Ness or Lomond would 22 Historic boy king 23 Obese 24 Venusian vehicle? 25 Slight amount

clone

27 Dander 6 Satanio 28 Zero 7 Comment from 5 29 NYC hrs. 31 Jewel 34 1960s hallucinogen 35 Kirkuk native 37 With 38-Down cousin of sarsaparilla 38 See 37-Down 39 Assessment 40 Exam format 41 llk 42 Vicinity 43 Lather 44 Blood category 46 Has the skills

➤ Yesterday's answer

Sudoku

	7	5				3		
			2	3				8
6					4			2
		6	1		9		4	
	4			5			7	
	2		8		7	1		
8			4					5
9				6	1			
		4				9	3	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

Voct	orda	v's ar	CWAT	

110/-20

Sunny

2	9	6	5	8	4	1	3	7	
8	4	5	7	3	1	9	6	2	
3	1	7	2	6	9	8	4	5	
6	8	9	1	4	7	5	2	3	
4	3	1	6	2	5	7	9	8	
7	5	2	8	9	3	4	1	6	
9	7	8	3	1	2	6	5	4	
5	2	4	9	7	6	3	8	1	
1	6	3	4	5	8	2	7	9	

Wednesday

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Pinky pinky pinky, you are khukhu. Only good. No bad. Be happy and

FROM YOURS STUPIDELY, ODES

To Teresa, you're the best! Cheers to our friendship XO! FOREVER & ALWAYS, CHRISTINA

Jenny Hunter, My Jenny Pooh, I have Loved You since we first met and my Love is still growing for You! If Your Love for Me is as strong as mine, lets have a great Life together! Will You Marry Me and make Me Happy Foreverll

LOVE FROM YOUR POOH BEAR XOX-OXO :-)

J, you have brought so much bliss, wonder and thrill into my life. You treat me like a princess and I don't thank you enough for it. So, thank you from the bottom of my heart!

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-B

Today's horoscope

T Aries March 21-April 20

Don't settle for second best. Don't settle for a lifestyle that provides you with just enough. Get up and get out and make something of the amazing talents you were born with.

Taurus April 21-May 21 You will be thinking big and talking big over the next few days, and there is absolutely nothing wrong with that. The only danger is that you may not always be able to deliver on the promises you make.

II Gemini May 22-June 21 The Sun in Libra gives your confidence a boost and makes you believe vou can move mountains. But there is still a lot of hard work to be done before vour dreams come true

G Cancer June 22-July 22

Venus and Mars are already transiting the most positive area of your chart, and when the Sun joins them there on ping you.

Ω Leo July 23-Aug.23 Leo is a generous sign but your willingness to see only the good of. Be generous today but be

IIP Virgo Aug. 24- Sept. 22 First impressions may be important times be wrong as well and the planets warn that you need to investigate someone more deeply before deciding whether or not to trust them

47 Grecian vessel

the 23rd there will be no stop-

in people can sometimes lead to you being taken advantage

but first impressions can some-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

← Libra Sept. 23-Oct. 23 The Sun in your sign is a wonderful influence but don't let it blind you to reality. Now that Venus, your ruler, is moving retrograde there is a danger you will see only what you want to see.

M Scorpio oct. 24-Nov. 22 You may have fallen heavily for someone who presses all the right emotional buttons, but how likely is it that your relationship will last? You have got to be realistic.

→ Sagittarius

Nov. 23-Dec. 21 Everything seems to be going right for you now, but don't fall into the trap of thinking that you no longer need to make a personal effort. Life may be good but never take anything for granted.

り Capricorn Dec. 22-Jan. 20

Cosmic activity in the career sector of your chart is bringing challenges that have to be dealt with quickly and efficiently. Fortunately you are not the sort to hesitate, not when there is so much at stake.

Aquarius Jan. 21-Feb. 18 Duty is important but the most important duty of all is the one you have to you. If you are not happy then the people around

)-(Pisces Feb. 19-March 20

you won't be either.

Something unexpected will happen, something that brings a smile to your face. Others may say it's luck, but luck has nothing to do with it. It's a cosmic reward for something good you did. SALLY BROMPTON

Caption contest

13°/5°

Mainly sunny

"Oh no, I didn't did 1 ?.. Gees, I did, I ripped my pants!" DALE AND KEIT



You WIN! write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.



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\$8,860 \$<mark>93</mark>.



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07 Caliber SXT

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07 Rabbit

st: 31059 km: 69949 \$12,860 \$117" "eekl

07 Civic Coupe

Load, A/C, Std • st: 31207 • km: 77376 \$11,650 \$106"

10 Volvo S40

 Load, A/C, Std • st: 29898 • km: 15141 \$25,890 \$200

08 Mazda Tribute Load, A/C, • st: 29529 • km: 54497



07 Ford Ranger

• 4x4, A/C, Std • st: 29926 • km: 56824 \$16,950 \$154** Bi-weekly

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07 Econoline E250

10 Corolla LE

• st: 29489 • km: 30257 \$17,850 \$144" Bi-wee

\$17,950 09 Kia Rio



 Super Duty, A/C
 st: 28294
 km: 75138 \$17,360

10 Dodge Journey

Load, • st: 29473 • km: 20291 \$18,850 \$161*** Bi-week



• Load, A/C, • st: 31176 • km: 55711 \$9,960



4x4, A/C, Auto st: 29365 km: 43250 \$15,950 \$168* Bi-weekly

06 GMC Canyon

06 Avalanche Z71

• st: 29674 • km: 76635 \$19,650 \$207 Bi-weekly



06 Sierra 1500 Z71

 4x4, Auto, Load, A/C • st: 29204 • km: 40533 \$21,850 \$223

08 Ridgeline RTI

• 4x4, Load Lthr, Roof • st: 28708 • km: 17184 \$32,890 \$254*** Bi-weekly

• Load, A/C, Auto • st: 31119

• km: 52675 \$14,850 \$135"



07 Sienna

• Load, A/C \$15,870 145"



07 Raider LS

Load, A/C, Auto st: 28990 km: 37060 \$17,890 \$163°

• 4x4, Load A/C, Auto • st: 28694 • st: 28694 • km: 32182 \$25,980

09 Frontier SE

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• 4x4, A/C, Auto • st: 29834 km: 30396 \$29,850

08 Tundra SL5

\$231*** Bi-weekly

Load, A/C, Auto
st: 29908
km: 23590 \$28,870 \$223"

Std st: 29044 km: 77412

\$8,350

08 Tacoma 4x4

09 Golf City

• A/C, Auto • st: 31223 • km: 52850 \$13,650 \$110***



06 Tucson

• Load, A/C • st: 29878 \$10,650

07 Ford F-150 Load, A/C, Auto st: 31013 \$17,420 \$159" Bi-weekly

09 Chevrolet G15

• st: 28312 • km: 38582 \$21,860 \$169"

• st: 29827 • km: 58042 \$24,950 \$193***

09 Dodge Ram SLT

06 Avalanche Z71

• 4x4, Load, A/C • st: 29674 • km: 76635 \$19,650 \$207° Bi-weekly

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10 Altima 2.5S

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07 Yaris

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